

ABSTRACT

There are provided sterile dehulled soybeans bearing bacteria of 300 cells/g or less, and a method for producing efficiently sterilized full fat soy flour using the sterile dehulled soybeans. The full fat soy flour is classified into three kinds: the first one in which deodorization is carried out without damaging available ingredients characteristic of soybeans such as water-soluble proteins and digestion and absorption efficiency is high due to inactivation of a digestion inhibiting enzyme; the second one in which enzymes are alive; and the third one in which all enzymes are inactivated. The method comprises: (a) a sorting step where foreign matters are removed from starting soybeans to obtain sorted soybeans; (b) a dehulling step where germs and hulls are removed from the sorted soybeans to obtain sterile dehulled soybeans; (c) a partially-inactivating steaming step where the sterile dehulled soybeans are steamed for 60 to 300 seconds by hot water or steam heated at a temperature of 70 to 125°C so as to deodorize the sterile dehulled soybeans and inactivate a digestion inhibiting enzyme; (d) a desiccating step where the steamed sterile dehulled soybeans are desiccated to a predetermined water content; (e) a pulverizing step where the desiccated sterile dehulled soybeans are pulverized; and (f) a classifying step where the pulverized sterile dehulled soybeans are classified into only soy flour having a predetermined grain size or less.